

# CHERRIES, DRIED

for use in the USDA Household  
Commodity Food Distribution Programs

## Product Description

**Dried cherries** are prepared from stemmed and pitted wholesome U.S. Grade B or better red tart cherries. The cherries may have sugar or other sweeteners added prior to drying. No additives or preservatives are added.

## Pack/Yield

Dried cherries are packed in 2-pound containers. Each container provides 26 ¼-cup servings of dried fruit.

## Storage

- Store unopened dried cherries in a cool, dry place, off the floor. It is not necessary to refrigerate or freeze the product.
- For **best quality**, unopened dried cherries should be used within 12 months.
- After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.

## Uses and Tips

- Dried cherries are ready to eat right out of the package.
- Add to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items.

*(See recipes on reverse side)*



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- Combine with nuts or granola and other cereals to make a trail mix.
- Dried cherries keep cakes, muffins, and cookies moist.
- For easier chopping, use an oiled knife or blade.

## Nutrition Information

- **Dried Cherries** are a good source of potassium and vitamin A – they're low in calories and sodium. They contain no cholesterol and are very low in fat.
- ¼ cup of dried cherries provides ½ serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size ¼ cup (35g) dried cherries			
Amount Per Serving			
Calories	119	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	28g		9%
Dietary Fiber	0g		0%
Sugars	23g		
Protein	1g		
Vitamin A	27%	Vitamin C	0%
Calcium	1%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Turkey Cherry Wrap

1 pound finely chopped turkey breast  
 ½ cup lowfat mayonnaise  
 1 Tablespoon prepared mustard  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 1 cup tart dried cherries  
 ¾ cup shredded carrot  
 ½ cup seeded cucumber, finely chopped  
 ¼ cup onion, minced  
 4 flour tortillas

1. Mix together mayonnaise, mustard, salt, and pepper in a mixing bowl.
2. Gently mix in turkey, cherries, carrots, cucumbers, and onion.
3. Mound ¾ cup turkey mixture just below the center of each tortilla. Fold up bottom portion and roll as tightly as possible, enclosing filling.

**Makes 4 servings**

*Recipe provided by National Turkey Federation*

### Nutrition Information for each serving of Turkey Cherry Wrap

Calories	480	Cholesterol	78 mg	Sugar	1 g	Calcium	96 mg
Calories from Fat	132	Sodium	538 mg	Protein	39 g	Iron	2.5 mg
Total Fat	14.7 g	Total Carbohydrate	48 g	Vitamin A	901 RE		
Saturated Fat	3.1 g	Dietary Fiber	7 g	Vitamin C	28 mg		

## Oatmeal Cherry Cookies

1 cup (2 sticks) butter, softened  
 1 cup firmly packed brown sugar  
 ½ cup granulated sugar  
 2 eggs  
 1 teaspoon vanilla extract  
 1 ½ cups all-purpose flour  
 1 teaspoon baking powder  
 ½ teaspoon salt  
 2 cups oats  
 1 ½ cups dried cherries  
 1 cup chocolate chips

1. Beat margarine, brown sugar, and granulated sugar until creamy.
2. Mix in eggs and vanilla, beating well.
3. Combine flour, baking powder, and salt; add to egg mixture.
4. Stir in oats, cherries, and chocolate chips.
5. Drop by rounded tablespoonfuls onto *ungreased* cookie sheet.
6. Bake in a preheated 350°F oven for 10 to 12 minutes, until golden brown.
7. Let cool 1 minute, then remove to wire racks to cool.
8. Store in a tightly-covered container.

**Makes about 4 dozen cookies**

*Recipe provided by Cherry Marketing Institute, Inc.*

### Nutrition Information for each serving of Oatmeal Cherry Cookies

Calories	146	Cholesterol	20 mg	Sugar	9 g	Calcium	28 mg
Calories from Fat	55	Sodium	84 mg	Protein	2 g	Iron	.7 mg
Total Fat	6.2 g	Total Carbohydrate	20 g	Vitamin A	81 RE		
Saturated Fat	3.5 g	Dietary Fiber	0 g	Vitamin C	3 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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